

Free 6 week Diabetes Self-Management Workshop

Begins Thursday January 28th 11AM to 1:30 PM
Waretown Community Center
239 11th Street

*Are you successfully engaged and motivated to take an
active role in improving your health?*

You Will Learn

- ♦ Diabetes and its risks
- ♦ The role of diet and exercise
- ♦ How to deal with fatigue, pain and emotions
- ♦ The importance of regular doctor exams, annual foot and eye exams
- ♦ How to maintain will power in a world of temptations
- ♦ How to manage medications and much more

There is no cost
Each participant will receive a book
& a relaxation
Refreshments will be served

Contact Jean Broadbent at 609-693-5407 to register

